

fresh wellness

Breathing In New Life

Situated in one of the most heavily vegetated and indigenous areas of Cape Town, the Constantia Valley is a diverse, historic region and home to popular wine routes, forests, plantations and the beautiful Constantia Nek Mountain walk - all dating back to the 1680s. At [Fresh Wellness](#) one is surrounded by the lush gardens of the world renowned, five star Cellars Hohenort Hotel that forms part of the prestigious Relais & Chateaux hotel group.

In our treatments we encapsulate all five senses to imitate our surroundings in order to portray this rich valley at its finest. Using oil from the Stellenbosch vines, authentic techniques and various natural elements; the [FW](#) spa guest can be assured an experience that will be as refreshing as a

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HSR Lifting treatment R1500 90min

A luxurious treatment which gives your skin a natural face lift as well as a reducing signs of ageing.

Dr. Babor Skin Renewal Treatment R1100 60min

A 30% natural glycolic peeling system resulting in skin renewal & cell regeneration.

Skinovage Skin Treatments R810 75min

- i Advance Biogen Mimical Control Facial - effectively targets expression & fine lines
- i Advance Biogen Complex C Facial - enriched with vitamins for collagen production
- i Vita Balance Argan Facial - moisture boost for dehydrated skins
- i Vita Balance Intense Facial - brings oil & moisture levels into perfect balance



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Signature Fresh Facial R750 90min

Our Signature Facial is designed for extreme relaxation. An introductory neck and shoulder massage is followed by an advance hydrating and brightening facial.

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Eyebrow Shaping R100

Eyebrow Tint R80

Eyelash Tint R100

Eyelash & Brow Tint & Shape R200



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sk Alpha Treatment R1300 90min

An advanced aimed to combat damaged, exhausted and dull skin through micro-circulation.

Neo-Tissuedermie Treatment R1100 75min

Styled to combat signs of ageing, this firming & toning treatment is beneficial for more mature skin.

Collagen Regeneration Treatment R1100 90min

Instantly effective nourishing and lifting treatment for mature and extreme dry skin conditions.

Activator Treatment R730 60min

Provides instant vitality for jet-lagged & tired skin.

Deep Cleansing Treatment R690 45min

Deep pore cleansing treatment with an algae mask which lightly firms and moisturises the skin.



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Rich Milk Bath Ritual R290 30min

Melt pressures away whilst submerging in a rich grape-milk bath. Emerge from the bath to be glazed with a TheraVine Body Oil.

Detox Bath Soak R290 30min

Emerge into a detoxifying bath treatment that induces perspiration and promotes the elimination of toxins.

Rasul R500 30min

An ancient Middle Eastern bathing ritual designed for two guests at a time to detoxify & cleanse with the application of an exfoliator and mineral rich mud.

Steam therapy

To be enjoyed as a treat in itself or offered complimentary when used in combination with a touch therapy to create the perfect start to a treatment.

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Sugar Crystal Buff R350 30min

A sweet, sugar crystal buff infused with rich aromatherapy oils, ending off with a rich body butter application.

Pinotage and Lime Salt Glow R350 30min

A luxurious body salt scrub ritual from TheraVine, consisting of refined marine salts, grape extracts and honey infused with citrus essences.



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African Mud Wrap R450 45min

Relish in the moment cocooned in a comforting envelopment of fragrant oils and a TheraNaka African wrap. Bringing this journey to a close is the application of nourishing Baobab lotion.

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Hair & Scalp Treatment R450 45min

Experience this unique scalp treatment starting with a stimulating application of a scalp tonic, followed by a scalp massage & ending off with a hair mask.

Deep Cleanse Back Ritual R650 60min

A deep cleanse treatment on the back specifically designed to eliminate impurities & congestion.

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FW 5 Senses Signature Massage R950 90min

Breathe in a breath of fresh air as our signature massage embodies the refreshing power of selected Avo-Shea body butter, volcanic stones, tropical bamboo sticks and unique massage techniques.

Lymphatic Drainage Massage R950 90min

A light pressured massage following the lymphatic pathways of the body to rid of toxin build-up. Various forms of cryo- and thermo-therapy stimulates micro-circulation. A simple must for the jet-lagged individual.

Deep Tissue Sports Massage R800 60min

For the stressed individual this massage places emphasis on the back of the body. Deep pressure, reflex pressure points and an aromatherapy muscle release oil works in synergy to ease muscular strain.

Hot Stone Full Body Massage R800 75min

Using warm volcanic stones to rid of tension through thermotherapy. Customize the treatment with essential oils to treat specific conditions.

Mother To Be Massage R800 75min

For the tired, expectant mother this massage applies nurturing movements for the ultimate in relaxation.

Traditional Swedish Massage R650 60min

This traditional treatment combines medium pressure and long continuous strokes using essential oils for a personalised twist.

Deep Tissue Back & Neck Massage R500 45min

An intensive massage through muscle reconditioning techniques to help relieve muscular tension on specific acupressure points, followed by the application of a refreshing circulatory gel.

Hot Stone Back & Neck Massage R500 45min

Bring profound relief to sore, stiff muscles as heated volcanic stones glide along the body. Ending off with a scalp massage, all tension will be melted away.

Back, Neck & Shoulder Massage R390 30min

This classic massage focuses specifically on the most strained region of the body. Customized with specific blends of essential oils, whether it is to relax, ease muscular tension or detox.

Scalp & Neck Massage R390 30min

Relieve tension build up, headaches & neck spasms using aromatic oils on the most strained and tired area of the body.

Reflex Foot & Calf Massage R390 30min

A reflex pressure point foot and calf massage aimed at releasing toxin build up throughout the entire body.

Couple's Massage Time and Price relative to your choice

Choose any one of the Touch Therapies whilst unwinding with a friend or partner in our Couple's Room.

Linger longer by adding extra time to any massage at an additional cost of R150 per 15 minutes.



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Superior Pamper Package

R3300 6hrs

Pinotage & Lime Salt Glow
Hot Stone Full Body Massage
Manicure
Pedicure
Hair & Scalp Treatment
Rich Milk Bath Ritual
Fresh Signature Facial
Light Spa Lunch

Fresh Bridal Package

R1900 4hrs

Body Scrub & Massage
Deep Cleanse Facial
Spa Manicure
Spa Pedicure
Add on Shellac for R200

Spa Parties

Celebrate any special occasion or corporate event at FW. Please enquire at reception as we customize each group package to suit your specific need.



Craft Your Own Journey

R1700 3hrs

Be the master of your own spa destiny by creating your own spa package through choosing any 3 of the following treatments;

Swedish Massage
Fresh Signature Facial
Pinotage & Salt Glow
African Mud Wrap
Spa Manicure
Spa Pedicure

FW Signature Glow Experience

R1500 2.5hrs

Facial Cleanse & Exfoliation
Pinotage & Salt Glow
Full Body Massage
Body Embalmment
Facial Acupressure point massage

Spa Teaser Package

R950 90min

Back, Neck & Shoulder Massage
Appetizer Facial
Mini Mani or Mini Pedi

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Spa Pedicure R350 60min

A foot ritual consisting of a scrub, cuticle work & a massage, ending off with a nail varnish application.

Spa Manicure R300 60min

A hand treatment consisting of a scrub, cuticle work, a massage & ending off with a nail varnish application.

Gents Pedicure R300 45min

Gents Manicure R280 45min

Mini Pedicure R250 30min

For the fast paced individual that needs a quick freshen up for tired feet.

Mini Manicure R230 30min

For the fast paced individual that needs a quick freshen up for the hands.

File & Paint R150 15min

Shellac Application R350 60min

UV nail varnish lasting 2 weeks on nails/toes.

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Female Waxing

Lip/Chin/Ear/Nose R80

Cheeks R120

Under Arm R160

Half Arm R150

Full Arm R180

Bikini R180

G-String R190

Brazilian R230

Hollywood R290

Half Leg R200

Full Leg R260

Male Waxing

Chest R200

IJ Back R220

Full Back R270

Stomach R220

Half Leg R250

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Lisa has been specialising in the art of Eyelash Extentions for over 4 years & have truly mastered this unique technique. Combining top brands with excellent skill she renders an end result that you won't be able to live without.

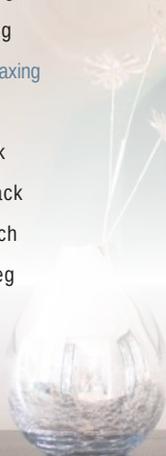
Full Set Lashes R800 90min

Full Set Fill R530 60min

Full Set Fill R320 30min

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Dr. Mignon Laub is passionate and experienced in many anti-aging treatments including Botox, Dermal fillers, Restylane Skinboosters to list but a few. Please enquire at reception to make an appointment for a consultation or to book a treatment.



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Welcome at Fresh Wellness - we believe that your every journey with us will be a delightful one. For your comfort please read through the following information.

Please arrive 15 minutes prior to your scheduled appointment as this will ensure full treatment value. We value punctuality and late arrivals may necessitate that your treatment session be shortened, with full treatment value being charged for. We kindly request that guests remain quiet whilst in the spa in order to reach a complete relaxed state and to ensure that other guests can also achieve this very same goal.

Cellphones should be switched on silent upon arrival at the spa.

Reservations:

We request that all spa treatments are booked in advance to avoid disappointment. A 50% deposit will be required upon making a group (4 people plus) booking.

Consultation Cards:

Upon your arrival as a first time FW guest, you will be requested to fill in a consultation card. Please fill this in accurately, as Fresh Wellness cannot be held responsible for non-disclosure.

Attire:

Please arrive at the spa wearing comfortable, loose fitting clothing or a bath robe. Compulsory disposable under-garments will be provided for all body treatments.

Valuables:

It is advisable that no jewellery should be worn at the spa. The management and staff accept no responsibility for the loss of any valuables of any kind brought to the spa.

Operating Hours:

From May until the end of September we operate from 09:00 until 18:00 from Monday until Saturday and from 09:00 until 14:00 on Sundays. From October until April we operate from 08:00 until 19:00 from Monday until Saturday and from 09:00 until 17:00 on Sundays. We are open on all public holidays except Christmas Day.

Breakfast or Lunch: Á

Please inform reception should you like to enjoy breakfast or lunch at the Conservatory Restaurant before or after your spa journey. High Tea or Canapes can also be served with prior arrangements.

Cancellations & Late Arrivals:

We kindly request a 24 hour notice in the event of a cancellation. Fresh Wellness reserve the right to charge in full for treatments not canceled in this period of time or no arrivals. Should you arrive late for your booking, FW may have to cut on treatment time although the guest will still be held liable for full payment of the treatment booked.

Gift Certificates:

Treat a friend or loved one by giving them an experience of a journey that they will never forget. Gift certificates are available for the amount of your choice. Please note that Gift Certificates are not accepted for the purchasing of retail products, are non-refundable, non-transferable and must be presented at the time of treatment.